## YOU SNOOZE YOU LOSE! #DrowsyDrivingFL DON'T DRIVE DROWSY

- On long trips, take a break every 100 miles or 2 hours. If you feel tired, pull over and take a break.
- Use the "buddy system" so you have a companion and can switch drivers when needed.
- Always drive sober and do not drive after taking medications that can make you drowsy.













